

Celebrity Buzz

Scarlo,
Ryan in
lovers'
spat

pg 18



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VANCOUVER • THURSDAY, JULY 30, 2009

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Relating

pg 8

Bachelorettes
not as wild
as bachelor
parties



Nash to get some B.C. play time

JEFF HODSON
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LOCAL SON Vancouver will see a lot of Steve Nash this fall as the two-time National Basketball Association MVP returns to the city for an NBA pre-season game and a charity soccer match.

The Phoenix Suns will play their second pre-season match in three years in Vancouver when they come to town Oct. 22 to take on the Portland Trail Blazers.

"It's very special," said Nash, 35, when asked about playing before a hometown crowd. "I was very disappointed that the Grizzlies no longer play in Vancouver."

"In some ways, it's like I was robbed of a special experience and connection to home when the team was taken ... I felt bad for the fans and I felt bad for myself."

Nash was in Vancouver for eight days earlier this summer directing a documentary on Terry Fox.

He is coming to Victoria Sept. 18 to accept and honorary doctorate of law degree from the University of Victoria. A day later, Sept. 19, Nash will host 'Showdown in Downtown' a charity soccer match at David Lam Park in Yaletown.



Steve Nash

GETTY IMAGES



CTV weathercaster Tamara Taggart has been chosen to co-host Live! With Regis and Kelly on Aug. 21.

Taggart off to Big Apple to co-host live with Regis

Weathercaster one of three female winners based on fan votes

JEFF HODSON
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Seconds before her name was called yesterday morning — on live television before an audience of millions — Tamara Taggart knew she was heading to New York City to co-host Live! With Regis and Kelly.

The popular B.C. CTV weathercaster was up at 5:30 a.m. with her husband and her young son to watch an Eastern feed of Live! to

see if she would be chosen to host the show for a day opposite Regis Philbin.

When they announced the third female winner, Taggart said she knew there were only two people left, herself and a woman named Wang.

"Everybody started screaming and yelling," Taggart said. "My husband was like, 'Yay!' and I was like, 'I'm next!'"

The night before, however, Taggart was beset by a recurring nightmare in which the show's producers

Family

• Taggart is married to 54-40 guitarist Dave Genn, who was formerly with the Matthew Good Band. They have two children.

phoned her to tell her she was a "loser" and that they were not going to call her name.

On Monday, Taggart was shortlisted as one of 20 finalists from thousands of applications from personalities at local ABC and CTV af-

filates for the show's From Local to Live! contest. Fan voting determined the winners.

She said appearing on Live! will rank at the top of her career accomplishments.

"If I can relax and be myself I think it will be great. If I'm a nervous wreck, I don't know."

Taggart leaves for New York City Aug. 19 and her show airs on Friday, Aug. 21.

"Right now, I'm worried about what the hell I'm going to wear."

New record temperature yesterday?

WEATHER By 5 p.m. last night, Vancouver was just one degree away from hitting an all-time record high temperature — or it had broken it — according to your source.

The thermostat at YVR measured 32.5 C by press time, beating the record of 30.6 C for July 29, which was set in 1960.

That same year, the hottest temperature ever in recorded in Vancouver was logged at 33.3 C, said Environment Canada meteorologist Gary Dickinson. CBC News online reported that according to Environment Canada's reading at 5 p.m. the record was broken with a reading of 33.8 C.

KRISTEN THOMPSON/
METRO VANCOUVER

Advisory

• An air quality advisory remains in effect for Metro Vancouver, and is expected to last into the weekend.

Sports pg 10

NHL nixes
Balsillie's bid

Food pg 13



Tex-Mex steak
and trimmings

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Crystal Square
Lougheed Mall
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4711 Kingsway
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack

Cottonwood Mall
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11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale

201 - 17725 64th Ave.

Coquitlam

Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

Delta

Scottsdale Mall
7235 120th St.
1517 56th St.

Langley

Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge

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Mission

100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

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1748 Lonsdale Ave.
1392 Main St.

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Police and Fire Games kick off tomorrow

The World Police and Fire Games kick off tomorrow night with a parade along Pacific Boulevard near GM Place. More than 10,000 athletes from 55 countries will be competing in events around the Lower Mainland until Aug. 9. **METRO VANCOUVER**

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Local



Simpsons to take part in 2010

The Simpsons take part in the 2010 Winter Olympics in an episode centered around the Vancouver Games. Homer and Marge will attempt to win a medal in curling by forming a mixed-doubles team with Principal Skinner and his mother. Lisa will occupy her time trying to collect Olympic pins.

METRO VANCOUVER

Traffic set to hit critical mass

Police urge commuters to leave early, avoid bridges as cyclists take to streets

KRISTEN THOMPSON
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If you bus or drive, consider leaving work early tomorrow and avoiding the bridges, Vancouver Police said yesterday.

Between 1,500 and 3,000 cyclists will be taking over the downtown streets at rush hour for Critical Mass, a community ride held at rush hour once a month to promote bike culture.

Insp. Rick McKenna said the event, which is expected to be especially large, has led to conflicts — even fights — between cyclists and drivers in the past, and are worried the hot weather will further galvanize commuters.

"During the summer it can ... cover more than eight city blocks and last for hours," said. "We are very concerned about the safety, timing and location of (this) ride."

McKenna said police want to inform commuters about the route, but organizers won't tell them.

"We are urging mo-



Critical Mass participants cycle over the Granville Street Bridge.

torists to remain calm and for riders to remain respectful of the rules of the road," he said.

Critical Mass participant Andrea Curtis, 27, said there is no organizer and therefore no pre-planned route.

"Everybody meets at the

Art Gallery and they follow whoever's at the front," she said.

Curtis said most participants don't want to inconvenience drivers to the extent they have lately.

"That is the Catch-22 of Critical Mass. Riders hope to raise awareness about

sustainable transportation, but we end up attracting such a huge amount of people that (it clogs traffic)."

Alex Precosky, 27, often participates in Critical Mass but said he's worried about conflict on Friday.

"The heat and humidity

Bad behaviour

- Last month, a driver was charged with assaulting a cyclist during Critical Mass.
- Uniformed officers on bicycles and motorcycles will follow the ride on Friday to help prevent or diffuse violence or criminal behaviour.

will make people more angry, and that's more reason to maybe avoid the area," he said.

Precosky said it's a shame that people who legitimately have to be somewhere — like the ferry or to pick up their kids — are kept waiting because of the event.

"Ideally it would be large enough to get some attention but not so big that it causes problems."

Curtis and Precosky said the event is about reminding cyclists and motorists they have to share the road with each other.

"While it does overpower the transportation route for that one day, it's important to make that (statement)," Curtis said.

Police search for sexual predator

ASSAULT Abbotsford police are looking for a man who entered a woman's home through an unlocked balcony door and sexually assaulted her.

The victim, who is in her 20's, told police that the man entered her home yesterday morning while she was awake.

The suspect is described as a 5'10", man weighing more than 200 pounds and in his late 30s.

The suspect has an unkempt appearance and a large belly.

Police are warning people to be alert when they leave doors and windows open because of the heat.

METRO VANCOUVER

News in brief

COURTS The three men charged in relation to an alleged racist attack on Courtenay resident Jay Phillips make a court appearance today. The attack was recorded and received worldwide attention after it was posted on YouTube.

CLOSED The City of Vancouver has closed part of Dunlevy Street to give homeless people a place to cool off during the heat wave. Volunteers and staff will be distributing water and providing shade and toilets.

ACCIDENT An 18-year-old man has died after a pick-up truck in which he was a passenger plowed into a five-ton truck. The female driver of the pick-up is in serious but stable condition in hospital.

DEATH A 16-year-old boy died while scuba diving in the Comox Valley, RCMP said.

DRUG SEIZURE RCMP have seized more than \$50,000 worth of drugs, including cocaine and heroin, in a raid in Surrey. Two men, age 21 and 23, were arrested.

METRO NEWS SERVICES

Officer gets 21 days house arrest

DANIEL TAM
for Metro Vancouver

SENTENCE The West Vancouver police officer who assaulted a newspaper delivery man in January was sentenced to 21 days house arrest yesterday.

Griffin Gillan, 24, was off-duty and out drinking with two other off-duty officers the night he assaulted Firoz Khan outside the Hyatt Hotel at around 2 a.m.

Khan's injuries have left him unable to work and his family has suffered financially because of it.

"He was living the Canadian dream and this dream was shattered for him and his family," said Khan's lawyer, Mobina Jaffer.

Gillan has apologized to Khan and has had no alcohol since the incident.

Crown prosecutor Ralph Keefer had asked for a four- to six-month jail sentence.

The assault started when



Griffin Gillan, left, leaves Vancouver Provincial Court yesterday.

Gillan approached Khan asking for directions.

Khan asked Gillan to "give (him) a second," which angered Gillan.

At that point, Gillan kneed or kicked Khan in the stomach and knocked him down, continuing the assault as he lay on the ground.

Gillan then called for

backup from the two off-duty officers he was drinking with, Jeffrey Klassen and Blair Tanino.

The two off-duty officers arrived and along with Gillan, allegedly attempted to arrest Khan until an on-duty officer arrived and arrested the trio instead after listening to witness accounts.

Teenager assaulted on city bus

CRIME Vancouver police investigators are hunting for a man who sexually assaulted a 13-year-old girl after approaching her on a bus.

The girl was travelling alone at about 2:30 Monday morning when the man got on board and sat down beside her, police say.

The man threatened the girl with a weapon and told her to get off the bus. He led her to an alley behind some apartment buildings in the 1500 block of East 5th Avenue, where

he sexually assaulted her, police said.

"The girl reported the incident to a family friend, who called 9-1-1," Const. Jana McGuinness said.

The man is described as being in his early to mid twenties, and wore a white tank top and blue jeans.

McGuinness said police have not yet determined if this assault is linked to three others that took place in the Lower Mainland, including one involving a six-year-old Surrey girl on July 3.

METRO

Woman's body found in trunk

HOMICIDE A woman's body has been found in South Vancouver in the trunk of a car belonging to a missing Burnaby woman.

The woman is Vancouver's 16th homicide of 2009, according to Const. Jana McGuinness.

The white Toyota Corolla was found yesterday in the 8300 block of Chester

Street, in a neighbourhood near Southeast Marine Drive. Police haven't identified the victim.

The car's owner, Hong Wei Yin, 33, was reported missing after missing a flight to China on July 16, and hasn't been seen since July 12. Hong has worked at massage parlours in the region.

METRO VANCOUVER

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WHAT'S ONLINE TODAY

Video Alleged victims of accused swindler Earl Jones hold a protest in Montreal as firm declares bankruptcy at metronews.ca/canada

Lotteries

Lotto 6/49 3, 23, 29, 37, 44 & 45 Bonus 39
BC 49 6, 25, 30, 41, 42 & 43 Bonus 9
Extra 4, 20, 40, 51
These results are not official.

Vancouver is ranked third in a study of top Canadian cities for young, talented workers, which was conducted by Next Generation Consulting. Victoria ranked first and Ottawa second. **METRO VANCOUVER**

Large-scale laneway housing approved

City leading the way in North America with widespread implementation, mayor says

JEFF HODSON

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Vancouver is the first city in North America to approve the large-scale

construction of laneway housing, Mayor Gregor Robertson said yesterday.

The initiative, brought forward as an EcoDensity action item by the city's previous NPA council, was ap-

proved Tuesday following several public hearings.

It will allow small, non-strata rental suites to be built in the lanes of 94 per cent of the city's single-family lots.

"We are the first city in North America to implement laneway housing across the whole city," Robertson said outside the Union Gospel Mission in the Downtown Eastside.

"We're looking for more space for families to stay together, more affordable rental housing and making more of a difference on the green side, reducing the footprint on the environ-

ment."

Robertson said it was a big step for Vancouver to take and one that will be watched by other cities. The new zoning applies to more than 60,000 homes.

Drug recovery program expands

MISSION A successful alcohol and drug recovery program in the Downtown Eastside is expanding its reach with a new \$31-million development.

Members of the Union Gospel Mission, Mayor Gregor Robertson and Housing Minister Rich Coleman

broke ground on a six-storey, 71,000-square-foot facility that will effectively double the mission's intake.

The program boasts an 83 per cent sobriety rate after one year but only has space for 115 people, so hundreds have been turned away.

JEFF HODSON/METRO VANCOUVER

Chinese business owners speak out against HST

KARL YU

for Metro Vancouver



The looming harmonized sales tax (HST) will increase the cost of doing business, according to a group of Chinese-Canadian business owners who met in Vancouver's Chinatown yesterday.

Jamie Chan, owner of 6 Spa & Beauty Salon, said the introduction of the HST on July 1, 2010, will slow the recovery of the Canadian economy because it will discourage spending.

"To me, it's a 'homicide



NDP MLA Jenny Kwan, Tony Tsang at the Floata Seafood Restaurant.

sales tax.' It will kill everybody. (The government) should do something to stimulate the economy, not

jeopardize it," said Chan.

John Wong of Wong's Insurance said his firm will lose its competitive advan-

tage against public insurers.

"Now there's no advantage to buying private — if you buy from the dealer or private you pay 12 per cent," Wong said.

Tony Tsang of the Union of Traditional Chinese Medicine (TCM) Association of B.C. said his group is fighting the HST because they are providing an essential health service.

He said some in the TCM community already absorb the five per cent GST to help patients but they don't want to absorb any more.

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Rescued porpoise calf to remain at Vancouver Aquarium

WILDLIFE A harbour porpoise calf found in bad shape near Victoria last year has recovered, but will continue living at the Vancouver Aquarium because she didn't develop the skills to survive in the wild.

The long-term goal for Daisy is to have her living with other harbour porpoises, but she's the only one in a North American aquarium.

Clint Wright, senior vice-president of the Vancouver Aquarium, said she'll live in the beluga tank for now.

"(She will have) the opportunity to eventually socialize with other marine mammals and to receive constant access to care from marine mammal staff," Wright said.

Daisy was found on Aug.



Rescuers carry Daisy, a porpoise calf found emaciated and dehydrated last August.

26 at roughly one month of age, suffering from dehydration, emaciation and severe muscle damage. She was taken to the Vancouver Aquarium Marine Mammal

Rescue Centre where she was nursed back to health but failed to learn survival skills.

"She does not know where to find food, how to

avoid predators or how to deal with other natural factors," Wright said. "Simply put, she is not a suitable candidate for release."

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Vancity

Jones' company declared bankrupt

The company of Montreal investment adviser Earl Jones has been declared bankrupt by a Quebec court, clearing the way for a trustee to see how much money is left, CBC News Online reports. **METRO NEWS SERVICES**

5

Canada



Shipbuilders OK new contracts

Shipbuilders have agreed to a radical change in the way contracts will be doled out by the federal government, CBC News Online reports. The federal government plans to spend \$40 billion over the next 30 years to build as many as 50 large ships, on top of the 70 ships under 1,000 tonnes earmarked for revamps. "There is going to be enough work with 50 ships on order for every shipyard in the country to be going full steam," said Defence Minister Peter MacKay. **METRO NEWS SERVICES**

Tale of two Summers recounts weather

Residents describe unseasonal climes on coasts

Here is the tale of two Summers across the country from B.C. to Newfoundland.

Aaron Summer of Burnaby, B.C., is melting in a record-breaking heat-wave and Rosemary Summers of Newfoundland is basking in the sun for now but knows it won't last.

For anyone wondering where summer went, these Summers know.

In St. John's, Rosemary Summers, who loves hot dry temperatures so much that she moved years ago, with high hopes, to a home on Summer Street, said it hasn't been a great year.

"We know out here in Newfoundland that only in

"We know out here in Newfoundland that only in August are you going to be guaranteed at least some summer weather."

Rosemary Summers, St. John's resident

August are you going to be guaranteed at least some summer weather," said Summers. "It would be great to be in B.C. We never get temperatures in the 30s here."

For many in B.C., the hot weather has been a little too hot.

Dry conditions have already forced 11,000 people from their homes temporarily after forest fires lit up around the Okanagan. Most have been contained.

But the heat toll is mounting.

Burnaby resident Aaron Summer said the only way to stay cool is to find a spot in the community pool where he has been bringing his two-year-old daughter every day.

"If you can't be in the pool, the only thing you can do is sit close to an air conditioner and hope this doesn't last for much longer," said Summer.

TORSTAR NEWS SERVICE

Libs, Tories locked up in statistical dead heat, new poll suggests

POLITICS You wouldn't know it from the rhetoric, but the political parties have hit the summer doldrums, a new poll suggests.

A survey by Angus Reid Strategies shows the federal Liberals and Conservatives in a statistical dead heat — 34 to 33 per cent — and flags a warning note for any party thinking of plunging into a fall election: no wind of change is blowing across Canada.

The survey shows the shaky economy is still voters' top concern — despite a declaration by Bank of Canada governor Mark Carney that the recession is over — and no party's leader has clearly won the trust of a majority of Canadians on that.

If anything, Canadians trust Carney more than either Prime Minister



Defence Minister Peter MacKay tosses an apple in the air as he leaves a Conservative caucus meeting on Parliament Hill yesterday. A new poll puts the Tories and Liberals in a dead heat.

Stephen Harper or his Liberal rival Michael Ignatieff to manage the economy, but Carney's trust ratings dropped after his suggestion the economy was finding its footing again.

That, at least, appeared to strike home as minister yesterday distanced the federal Conservatives from Carney's economic optimism.

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French police called off their search for a woman who threw herself in front of a speeding train when they found that she had dragged herself home and gone to bed, a court source told Reuters yesterday. **REUTERS**

World



Obama not an American citizen?

A vocal group of conspiracy theorists known as 'birthers' are riling the White House with their persistent claim that Barack Obama, left, is not an American citizen and therefore ineligible to be president. The claim that the United States' first African-American president was born in Kenya, not Hawaii, first emerged during his presidential campaign, but it has garnered more media attention in the summer 'silly season,' a traditionally slow news period when many Americans are on vacation. **REUTERS**

Sudan's decency law challenged

Woman facing 40 lashes for wearing pants in public gives up diplomatic immunity

A Sudanese woman facing 40 lashes for wearing pants in public made her first appearance in a court packed with supporters yesterday, in what her lawyer described as a test case in Sudan's decency laws.

There were chaotic scenes as Lubna Hussein, a former journalist who works for the United Nations, attended the hearing wearing the same green

slacks that got her arrested for immodest dress.

Indecency cases are not uncommon in Sudan. But Hussein has attracted attention by publicizing her case, inviting journalists to hearings and using it to campaign against dress codes sporadically imposed in the capital.

The case was adjourned yesterday as lawyers discussed whether her status as a UN employee gave her

Foreign attention

• The trial in Khartoum was also attended by representatives of the embassies of Canada, France, Sweden and Spain, alongside politicians and members of the Sudanese Women's Union.

legal immunity.

After the hearing, defence lawyer Nabil Adib Abdalla said Hussein had

agreed to resign from the United Nations in time for the next session on Aug. 4 to make sure the case continued.

"First of all she wants to show she is totally innocent, and using her immunity will not prove that," Abdalla told reporters. "Second, she wants to fight the law. The law is too wide. It needs to be reformed... This is turning into a test case. Human rights groups will

be watching this closely."

He said Hussein was ready to face the maximum penalty for the criminal offence of wearing indecent dress in public which was 40 lashes and an unlimited fine.

"Thousands of women are punished with lashes in Sudan but they stay silent," Hussein said. "The law is being used to harass women and I want to expose this."

REUTERS

Uighur leader claims 10,000 are missing

CHINA Nearly 10,000 Uighurs involved in deadly riots in China's Xinjiang region went missing in one night, exiled Uighur activist Rebiya Kadeer said yesterday, calling for an international investigation.

More than 1,000 people were detained in the immediate aftermath of the riots, and over 200 more in recent days, state media said. None have been publicly charged. China has accused Kadeer of triggering the riots.

"The nearly 10,000 (Uighur) people who were at the protest, they disappeared from Urumqi in one night," she said.

In a measure of continued nervousness, the city government was forced to deny rumours sweeping the Han population that Uighurs were kidnapping Han to exchange them for detained Uighurs, a Chinese newspaper said.

Israel allowing cement into Gaza

MIDDLE EAST Israel will allow some cement into the Gaza Strip for reconstruction, officials said yesterday, signalling flexibility on a blockade as the U.S. intensified efforts to broker peace-making. After Hamas seized Gaza in 2007, Israel curbed imports that it said could be used to make arms or bunkers. The lack of cement and steel has been especially felt since Israel's December-January offensive, which devastated the coastal strip. **REUTERS**

News in brief

EXECUTIONS China will cut the number of people it executes every year to "an extremely small number" and commute more death sentences, though the country has no plans to abolish capital punishment, a state newspaper said yesterday.

MADOFF Irving Picard, the trustee winding down imprisoned swindler Bernard Madoff's former firm, sued his wife yesterday, seeking at least \$44.8 million for investors bilked in Wall Street's biggest investment fraud. **REUTERS**

Spain Car bombing injures dozens



Investigators sift through debris at a Civil Guard barracks after a car bomb exploded in the northern Spanish city of Burgos yesterday. At least 46 people were slightly injured. Authorities said the attack was probably carried out by the Basque separatist group ETA.



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Russian mafia godfather shot

Vyacheslav Ivankov, one of the most powerful godfathers in the Russian mafia, has been shot and seriously wounded by a sniper in Moscow. **REUTERS**

world **7**

Obama defends economic policies

U.S. President Barack Obama launched a spirited defense of his economic policies yesterday, declaring that they had helped save the country from plunging into a depression.

With a spate of polls showing Americans have growing doubts about his policies, Obama said bank and auto bailouts and stimulus spending were necessary to stop the economic bleeding.

"We may be seeing the beginning of the end of the recession," he said.

Speaking at a campaign-style town hall meeting at

"You hand me a \$1.3 trillion bill, and then you're complaining six months later that we haven't paid it all back."

Barack Obama

a North Carolina school gymnasium, Obama took on Republican critics who say his \$787 billion economic stimulus plan has failed to prevent the jobless rate from rising to 9.5 per cent.

"I can't help but remember those same critics contributed to a \$1.3 trillion deficit that I inherited when I took office," Obama

told the crowd of about 2,200 people at Broughton High School.

"I do think we should have a collective memory in terms of spending habits," he added.

"You hand me a \$1.3 trillion bill, and then you're complaining six months later that we haven't paid it all back."

REUTERS

Race **She dialled up a crisis**



Lucia Whalen waits to speak at a press conference in Cambridge, Mass., yesterday. Her 9-1-1 call led to the arrest of Harvard prof Henry Louis Gates as he was trying to get into his home. Today, Barack Obama will reportedly meet Gates and the white arresting officer over a beer at the White House.

DARREN MCQUEEN/GETTY IMAGES

Russia complains U.S. shuttle delays burden its crews

SHUTTLE A senior Russian space official said delays in U.S. shuttle launches to the International Space Station mean extra work for Russian rocket crews, without financial compensation.

Russia and the United States are the main contributors to the 16-nation, \$100-billion space station project. But Russia has lately borne the brunt of sending crews and cargo to the space station.

"We are most concerned by the unpredictability of shuttle launches," Russian mission control flight co-ordinator Valdimir Solovoyov is quoted as saying.

He added: "This is a big strain on the staff, which is not financially compensated."

REUTERS

Low count undermines French plan to ban veils

FRANCE Only 367 women in France wear Islamic veils that cover their faces and bodies, a newspaper reported yesterday, undermining the position of politicians who are pushing for a ban on the garments.

A panel of legislators is studying the issue of whether the number of women wearing such veils is on the rise and why. The panel is expected to say in coming months whether it backs a ban on the veils in public places, as advocated by some politicians.

President Nicolas Sarkozy has stopped short of backing a ban, but has said the veils were "not welcome" in France.

The influential newspaper Le Monde said that in

"Do we need to legislate for fewer than 400 people, legislate for an exception?"

Le Monde

light of the tiny number of women concerned, the idea of a ban should be dropped.

"Do we need to legislate for fewer than 400 people, legislate for an exception? ... Given the risks, including the stigmatization of Islam ... the answer is no," it said in an editorial.

Statistics on how many women wear facial veils are usually not available in France.

REUTERS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Girls (not) gone wild

Bachelorette, bachelor parties feature vital differences

Relating

Sofi Papamarko

metronews.ca/papamarko

To celebrate the impending nuptials of a dear friend, nine of us headed to a cabin in rural Quebec for a bachelorette weekend. We sunned ourselves on a dock, ate a variety of artisanal cheeses, played a few spirited rounds of charades and toasted the bride-to-be with sparkling wine.

The groom, in the meantime, was swept off to Toronto by his buddies to participate in the time-honoured tradition of ogling nubile in various states of undress.

If the men were the

movie *The Hangover*, we were Oprah's Book Club.

Think we're lame? I've heard of bachelorette parties that mostly involved board games and pottery glazing (not a euphemism).

It makes me question the long-held wisdom of one Cyndi Lauper: Do girls just wanna have fun? Or would they rather have sedate martinis, gripe about their boyfriends and hit the sack at a reasonable hour?

This is not to say that many bachelorette parties aren't wild and crazy events featuring pink bridal veils, low-cal coolers, too-short skirts and drunken, ill-advised flirtations with cab drivers. But it seems to me that even the most out-of-control bachelorettes don't hold a candle to the most unhinged bachelor parties.

Beth Montemurro is an associate professor of sociology at Penn State Univer-

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

sity. In her book *Something Old, Something Bold: Bridal Showers and Bachelorette Parties*, Montemurro points out that bachelor parties are historically about making the most of the groom's final hours of freedom and a supposed reluctance to let that go. Bachelorettes, although they ape the traditions of male bachelor parties, seem more akin to "pep rallies ... increasing excitement and anticipation" of the main event: The wedding.

"The most important part of the bachelorette party for women I interviewed was about spending time with their friends," Montemurro told Metro via email. "Women were less

interested or aroused by the sexual elements of bachelorette parties (e.g. going to strip clubs) and more often found them to be embarrassing or funny."

In summation, the vital differences are as follows: Bachelorette parties? A female bonding ritual that satirizes sexuality.

Bachelor parties? Last call for fun, fellas!

When my time comes, I hope my ladies know me well enough that they won't bust out the tiaras, tulle and exotic dancers named Rico. Ideally, I'd want my bachelorette to be held at a karaoke dive. My friends and I would bask in one another's delightful company and regale each other with the sweet, sweet sounds of Journey.

I might even drink.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



Worth mentioning

Number of sex partners linked to depression: Study

Young men and women who suffer from depression are much more likely than their peers to have multiple sex partners in a given year, according to new research.

Dr. Maria R. Khan, of The University of North Carolina at Chapel Hill, and her team also found that for black men — but not black women, or white men or women — being depressed increases the likelihood of contracting a sexually transmitted infection (STI).

"This study provided further evidence that U.S. youth at high risk for STI also experience a disproportionate risk of depression, highlighting the need for improved integration of mental health and STI diagnosis, treatment, and prevention," Khan said.

"Black youth should be a

priority when allocating resources to improve mental health care," she added.

The researchers studied 8,794 young people in the National Longitudinal Study of Adolescent Health, which began in 1995, when participants were in Grade 7 to Grade 12.

The researchers found that about 20 per cent of black women were recently or chronically depressed in adulthood, as were nearly 12 per cent of black men, 13 per cent of white women and eight per cent of white men.

For both genders and among blacks and whites, being depressed was associated with a greater likelihood of having multiple sex partners, although it didn't have an effect on whether or not people used condoms.

REUTERS

Views

Domestic violence crosses all boundaries

FourthWave

Canice Leung

metronews.ca/fourthwave

If the picture of family dysfunction emerging from St. Leonard, Que., about the Shafia family scares you, find comfort that many Canadians share that feeling.

Mohammed Shafia, his wife and their son are charged with the deaths of Shafia children Zainab, 19, Sahar, 17, and Geeti, 13, and Rona Amir Mohammad, 52, after the four were found dead inside a submerged car in a Rideau Canal lock. Rona, initially identified as a relative, turned out to be

Shafia's first wife.

A man claiming to be Rona's sibling said she wanted a divorce, which the man of the house would not grant. He also banned her from using the phone, took her passport and threatened to beat her, the relative claims. Zainab had taken a romantic interest in a Pakistani boy against her family's wishes; she reportedly ran away in the spring.

Kingston police Chief Stephen Tanner stopped short of calling the deaths honour killings, but described the situation as "cultural issues" between a family and "Canadian teenagers who have all the freedom and rights of expression of all Canadians."

In online news articles about the killings, thinly veiled Islamophobic commenters have invited (in so

many words) the Shafias and their ilk to leave Canada.

Federal Public Safety Minister Peter Van Loan said Monday that honour killings are "simply unacceptable" and added, "We ... encourage people when they come to Canada to recognize the importance of Canadian values."

What are Canadian values? Platitudes about fitting in while remembering your culture are empty when considering the much-publicized employment and housing challenges that newcomers face.

Filing the Shafia women's deaths under "honour killings" and chalking it up to an immigrant gone bad takes away from the responsibility their own kin may have had in it. Domestic violence crosses all boundaries — fearmongering names or

not.

In a broader context, these deaths show that violence against women happens in spite of our milquetoast, utopic values, especially for the women who needed the help most. The warning signs were clear. For an entire generation, the Canadian Dream is turning out to be a farce.

Post-Trudeauism, does the promise of multiculturalism lie in a lock? Is it as bitter a term as our southerly neighbour's concept of the "E pluribus unum" melting pot? If the public's visceral, instant judgment of the Shafias is any indication, those that don't are not welcome here. Out of many, one discordance.

Canice Leung is a former editor of *Ryerson University feminist magazine* *McClung's*, copy editor at Metro, ardent feminist and loudmouth.

Metro Online Poll Results

40% SAID YES

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Major Coca-Cola bottler beats profit predictions

Coca-Cola Enterprises Inc., the largest bottler of Coca-Cola Co. drinks, blew past Wall Street's quarterly profit forecast yesterday, helped by price increases in North America and growth in European markets. **REUTERS**

9

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Maple Leaf recovers from meat recall

FOOD Maple Leaf Foods Inc., one of Canada's largest food processors, reported a quarterly profit on strong performances from its bakery and prepared meats divisions, as it recovered from the effects of last summer's costly tainted meat recall.

Maple Leaf said yesterday it earned \$4.9 million, or four cents a share, for the second quarter, compared with a loss of \$9.4 million, or seven cents per share, for the same period a year earlier.

Adjusted for the impact of restructuring and other items, the company earned 12 cents a share, compared with a loss of one cent. However, revenue slipped three per cent to \$1.32 billion due to lower volumes in its processing and prepared meats divisions and lower pork prices.

Analysts expected an average of 13 cents a share on revenue of \$1.37 billion. **REUTERS**

California Microsoft, Yahoo deal



People walk past Yahoo offices in Santa Monica, Calif., yesterday. Microsoft and Yahoo inked a 10-year web search deal, announced yesterday, to challenge Google, but stopped short of combining their display advertising businesses.

Nortel review awaits appeal, Ottawa says

Canada will not make a decision on whether to review Nortel Networks' \$1.13 billion sale of wireless assets to Sweden's Ericsson until after a 21-day appeal period is complete, Industry Minister Tony Clement said yesterday.

"We have to first consider whether the Investment Canada Act applies, that's what we're reviewing right now," Clement told reporters in Ottawa.

The sale to Ericsson got the blessing of U.S. and Canadian courts Tuesday. Losing bidders and Nortel creditors can now appeal the ruling.

When asked whether he would wait for the appeal process to finish before

Gores/Siemens eye Nortel unit

A joint venture of private equity firm Gores Group and Germany's Siemens AG said yesterday it is pushing to submit a bid to acquire Nortel's enterprise solutions business.

Avaya Inc., with an offer of \$475 million US, is currently the stalking horse bidder for the Nortel business, which builds telecom networks for companies.

making a decision on a review, Clement said: "I think that is accurate, yes, but in the meantime, during the 21-day period, obviously we have to review what applies and what doesn't apply."

The federal government has been lobbied by Canadian BlackBerry maker Research In Motion to block the sale. RIM argues that keeping Nortel's technology in Canada is vital to national security.

It is not clear if Ottawa will have the final say on the Ericsson purchase under the Investment Canada Act, which normally requires a government review for foreign takeovers of a Canadian business worth more than \$312 million. Even so, the industry minister has discretionary powers to demand a review in some cases. **REUTERS**

Business in brief

TRAVEL Jazz Air Income Fund's renegotiated deal with Air Canada could save the cash-strapped national carrier about \$40 million next year and help keep it out of bankruptcy court, analysts said yesterday. Jazz,

the regional feeder airline to Air Canada, announced it will slash its annual distribution by 40 per cent.

MEDIA Time Warner Inc.'s quarterly revenue fell a steeper-than-expected nine per cent

due to a slump in ad spending and DVD sales, but cost cuts helped profit beat Wall Street forecasts. The conglomerate said yesterday it is starting to see a stabilization in the drop-off in advertising. **REUTERS**

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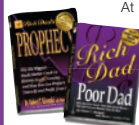
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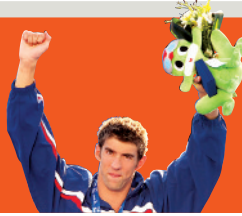
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Robert Kiyosaki will not attend this workshop.

The Toronto Argonauts have traded slotback Arland Bruce III to the Hamilton Tiger-Cats, less than a week after leaving him out of a game for disciplinary reasons. In return, the Ticats sent defensive lineman Corey Mace, a third-round pick next year and a conditional pick in the 2011 draft to Toronto. **METRO NEWS SERVICES**

Sports



Phelps does it again

Michael Phelps, left, bounced back from a stunning loss to set a world record in the 200-metre butterfly at the world swimming championships yesterday. One night after he was soundly beaten by Germany's Paul Biedermann in the 200 freestyle, Phelps got back on track Wednesday with a time of one minute 51.51 seconds — more than a half-second ahead of his previous mark, 1:52.03.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NHL nixes Balsillie's bid

Reinsdorf bid approved, Ice Edge Holdings told to continue process

The National Hockey League yesterday rejected Canadian billionaire Jim Balsillie's application for ownership of the Phoenix Coyotes hockey team, but gave its approval to two groups vying to buy the bankrupt club.

The North American sports league said owners unanimously approved the application of sports tycoon Jerry Reinsdorf and ruled incomplete the filing by a group of investors under the name Ice Edge Holdings. But the league said Ice Edge could continue its efforts to buy the team.

The NHL, which does not

Ice Edge

Ice Edge investor Keith McCullough said he was not surprised his group did not receive full approval for its proposal, which including hav-

ing the Coyotes play some games in Canada, and said the group will work to complete its offer over the next week.

want Balsillie moving the Coyotes to Canada, said in a terse statement that owners voted unanimously not to approve the application from the co-CEO of BlackBerry maker Research In Motion Ltd.

A spokesman for PSE Sports and Entertainment, which represents Balsillie's bid, said he did not believe

Balsillie's qualification to be an NHL owner was an issue given the league's approval of his application in 2006, when he previously tried to buy a team.

"The onus will be on the NHL to demonstrate a material change in PSE's circumstances, although no such change was raised with us today," Bill Walker

said in a statement. "Beyond that, we have confidence in, and respect for, Judge (Redfield) Baum and the legal process as this case unfolds."

Reinsdorf, a part-time Arizona resident, and Ice Edge have said they intend to keep the money-losing Coyotes in Arizona, while Balsillie wants to move it to Hamilton.

An auction for bidders who want to keep the Coyotes in Arizona is scheduled for Aug. 5. If the judge deems the bids inadequate, a second auction open to bidders who could move the team is set for Sept. 10.

REUTERS

Sports in brief

CFL The BC Lions announced this afternoon that import running back Tyler Ebell has been released from the team's practice roster. Ebell signed with the Lions in early July and appeared in two games for the club, returning 11 kickoffs for 227 yards along with six punts for 47 yards.

BLUE JAYS Ken Griffey Jr. hit a pair of doubles, including the eventual game-winning two-run double in the bottom of the seventh, as the Seattle Mariners edged the Toronto Blue Jays 3-2 in the rubber match of a three-game series at Safeco Field.

GOLF Tiger Woods will try something he has never done before and play in back-to-back events ahead of the PGA Championship as he prepares for his last chance to win a major title this year. Playing for the first

time since missing the cut at the British Open, Woods will tee up at the Buick Open tomorrow.

BASEBALL The Seattle Mariners acquired shortstop Jack Wilson and pitcher Ian Snell from the Pirates yesterday, sending Pittsburgh five players including former top draft choice Jeff Clement. Seattle (52-48), who trail first-place Los Angeles by 7½ games in the AL West and are 6½ games back in the wild card race, sent weak-hitting shortstop Ronny Cedeno and minor league pitchers Nathan Adcock, Brett Lorin and Aaron Pribanic to the Pirates along with Clement. The Pirates also traded three-time all-star infielder Freddy Sanchez to the San Francisco Giants for minor leaguer Tim Anderson.

METRO NEWS SERVICES

Schumacher back in driver's seat

RACING Seven times Formula One world champion Michael Schumacher will replace injured driver Felipe Massa at Ferrari if he passes a fitness test, the team said yesterday.

The German, now 40 years old, retired from Formula One at the end of 2006. All being well, he will make his comeback in Valencia, Spain, next month.

"Ferrari intends to entrust Michael Schumacher

with Felipe Massa's car for as long as the Brazilian driver is not able to race," the Italian team said in a statement.

"Michael Schumacher has shown his willingness and in the next few days he will undergo a specific program of preparation at the end of which it will be possible to confirm his participation in the championship starting with the European Grand Prix on Aug. 23."

REUTERS

Chinese swimmer breaks record

Zhang Lin obliterated the world record to steam to victory in the men's 800 metres freestyle and become China's first male swimming world champion yesterday.

Zhang finished in a breathtaking time of seven minutes 32.12 seconds, taking more than six seconds off the

mark of 7:38.65 set by retired former world champion Grant Hackett of Australia in 2005.

Tunisia's Olympic 1,500 champion Oussama Mellouli, the pre-race favourite, was well beaten into second place.

Victoria's Ryan Cochrane was third.

REUTERS



Ryan Cochrane

Toronto FC Champions League



Puerto Rico won the game 1-0. The second leg of the home-and-home series is scheduled for Aug. 4 in Puerto Rico.

Phillies land Cliff Lee

BASEBALL The World Series champion Philadelphia Phillies bolstered their pitching depth by acquiring Cy Young winner Cliff Lee in a trade with the Cleveland Indians yesterday.

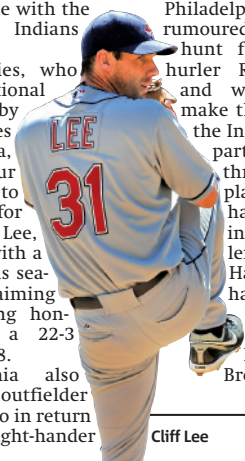
The Phillies, who lead the National League East by seven games over Florida, sent four prospects to Cleveland for left-hander Lee, who is 7-9 with a 3.14 ERA this season after claiming AL Cy Young honours with a 22-3 mark in 2008.

Philadelphia also received outfielder Ben Francisco in return for Class A right-hander

Jason Knapp and Triple A right-hander Carlos Carrasco, catcher Lou Marson and shortstop Jason Donald.

Philadelphia had been rumoured to be in the hunt for Blue Jays hurler Roy Halladay and were able to make the trade with the Indians without parting with three young players Toronto had expressed interest in — left-hander J.A. Happ, right-hander Kyle Drabek and outfielder Dominic Brown.

REUTERS



Cliff Lee

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Cooking under to noon-day sun

HGTV's outdoor living marathon will be kicked off at noon, Aug. 3, with an encore edition of Sizzling Outdoor Kitchens. Tune in to see the Top 10 outdoor culinary workshops in the country. **METRO NEWS SERVICES**



Metro Homes

HGTV holiday marathon

HGTV is hitting the outdoors with a bang this coming holiday Monday. From noon to 5 p.m., the station will be focusing all its programming efforts on outdoor living — from landscape don'ts to over-the-top-RVs and boats to some innovative ways to use previously wasted rooftop space. Tune in this civic holiday Aug. 3 for the whole series. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Fresh Finnish

From emerald compotes with the look of Depression glassware to an exotic, large-repeat printed fabric, iconic Finnish design studio Marimekko dresses this rustic white dining room in the lush, verdant greens of Scandinavian summer. Here's how to get the look of this refreshingly informal spread.

By Brett Walther



Boho Holiday recycled-glass bottles \$100 (12"), \$110 (15"), Rosanna.

Tuula Kaakinen's Guada silkscreened cotton fabric \$46 per metre, Marimekko Vancouver.



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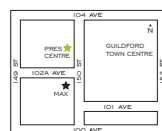
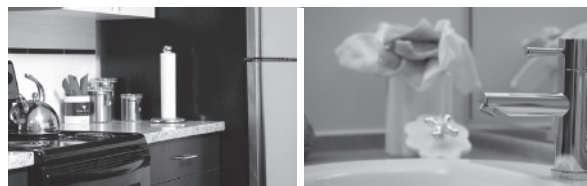
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Trendy flats near the Green Timbers

Suite Talk

Affordability and design are highlights of a new development in Surrey's Guildford neighbourhood.

Units at the MAX, a blend of trendy city flats with more than two dozen floor plans — including a corner home with a turret-style living room — start in the \$190,000s.

The architecture includes classic brick, textured beams and chalet-style peaks that reflect West Coast style.

For more...

- The MAX presentation centre is located at 10307-150th Street in Surrey. For more information, visit maxon150.com or call 604-583-3873.

Features include a fireplace, laminate hardwood floors and oversized windows. The kitchen has granite countertops and the latest Frigidaire appliances.

Sandy Browes, the development's sales manager, said the MAX is well situated.

"This is an amazingly convenient neighborhood," she said.

"You've got Guildford Mall with shops and theatres right across the street, it's steps to public transportation, and you can be on the freeway in no time."

It's also located near the Green Timbers Urban Forest, which boasts a system of great trails.

FOR METRO VANCOUVER



Seen here are some shots from the interior of the model suite at Surrey's MAX condominiums.

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Keep your condo cool if you want to garner a sizzling sale price

HouseLeague



metronews.ca/houseleague

If your condo is above 600-square-feet, then 12,000 BTUs is what you will need.

So by now we are all wondering when this heat wave is going to break and give us some relief but for those of you selling, the heat can make your condo feel like a sauna. Here are some tips to cool your place down and keep buyers happy when they come through your home.

The most expensive solution is going to be to buy an air conditioner. In condos where you are not allowed to hang an AC unit from the window, portable air conditioners will be your best bet. Ensure you buy one with enough BTUs to sufficiently cool the space. If your condo is above 600-square-feet, then 12,000 BTUs is what you will need. Not

only will the AC keep the space cool and comfortable for potential buyers, it will also remove the humidity from the air, which is what makes it most uncomfortable. You may even wish to include the AC in the sale of the property, which may increase the value of your home and bring you double what you spent on the unit.

Using a window insulating film will offer a more permanent solution to helping keep the heat out. A window film is a thin plastic-like material you apply to your windows that will block out almost 99 per cent of UV rays and keep your home significantly cooler. If you are a west- or south-facing unit, this is a great option since the film is clear and is applied to the interior of your window so there will

be no issues with your Strata. There are many local Vancouver companies who will even come and install the product for you if you are not a DIY lover.

Blackout drapes are another great and cost effective way to help reduce the heat in your home. Drapes can cost as little as \$20 at some stores and can help reflect the sun's heat away. Obviously they will not reduce the humidity in your home so be sure to buy an inexpensive dehumidifier as well. Keep the drapes closed right up until your showing and the close them again once the showing is complete. While not the most effective solution, it will provide a noticeable difference.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rduca@sothebysrealty.ca.

The Jamie revolution

Jamie's Food Revolution by celebrity chef Jamie Oliver topped last week's best selling cookbook list at Amazon.ca. In Defense of Food came in second, followed by The UltraMetabolism Cookbook in third. **METRO NEWS SERVICES**



Food

The Food Network presents a new recipe application for BlackBerry smartphones that allows users to connect with their favourite hosts, recipes and shows, and have access to a wealth of meal ideas on the go.

METRO NEWS SERVICES

**To get it**

To download the recipe application log onto foodtv.ca or to access the new mobile application right from your BlackBerry smartphone visit blackberry.com/appworld.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Liquid Assets

Peter Rockwell


metronews.ca/liquidassets
Where the wild things are

Have you noticed that there are a lot fewer animals at your local liquor store? It seems like overnight the menagerie staring back at me from the front panels of wine bottles have gone the way of the Dodo bird.

Critter labels were all the rage for most of this decade. They helped draw consumers to Australia (who offered a zoo full of examples) and, even more importantly, made wine appear less intimidating.

A fickle market looking for more sophisticated label designs seems to have killed most of them off. Yellow Tail's wallaby and Fat Bastard's hippo aside you really have to look hard to find some fauna on store shelves.

Ravenwood's 2006 Vintners Blend Zinfandel (\$17.95 - \$19.99) from California has used a trio of ravens as its logo since the '70s. Its entry level zin is ripe with black fruit supported by a backbone of peppery spice and licorice that makes it another fine red for barbecue season.

New Zealand's Monkey Bay 2007 Sauvignon Blanc (\$14.95 - \$17.99) has adopted a swinging chimp as its label icon. Off-dry with zingy citrus fruit it's a great partner for fresh lobster or crab meat.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Steak and smashed potatoes

**Four-Tomato Salad**

The contrasting colours and textures of the tomatoes in this salad are what makes it so sensational.

If you can find grape tomatoes, they are even sweeter than cherry tomatoes and have a great texture. Don't forget that tomatoes contain lycopene, an antioxidant that helps in the fight against prostate cancer and heart disease.

PREP TIME: 15 MIN SERVES 4

INGREDIENTS:

- ½ cup sun-dried tomatoes, rehydrated.
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion, such as Vidalia, Walla Walla or Spanish
- ½ cup chopped fresh basil or 2 tsp dried basil
- 3 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 1 ½ tsp minced fresh garlic
- ½ tsp granulated sugar
- pinch freshly ground black pepper

METHOD:

Place the tomatoes, onion and fresh basil in a serving bowl or on a platter.

Whisk the vinegar, oil, garlic, sugar and pepper together. Pour over the salad. Serve immediately.

Tex-Mex Flank Steak with Corn Salsa

With the sauce and corn salsa accompaniment, this is a great Southwestern dish.

Sautéing the corn gives it a barbecued flavour. Be sure to allow time for marinating the steak. Left-



Tex-Mex Flank Steak with Corn Salsa, above, and Smashed Potatoes, left.

- 8 small red or white potatoes
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- ¼ tsp garlic powder
- pinch paprika
- pinch salt
- 3 tbsp finely chopped fresh parsley

METHOD:

Preheat the oven to 400°F. Line a baking sheet with foil and spray with cooking oil.

overs taste just as good the next day; either reheat gently or serve at room temperature.

PREP TIME: 10 MIN

COOK TIME: 25 MIN SERVES 6

INGREDIENTS:

- 1 cup barbecue sauce
- ¼ cup cider vinegar
- 2 Tbsp molasses
- ¼ tsp hot pepper sauce
- 1 ½ lb flank steak
- 1 cup canned corn kernels, drained
- 1 cup diced red bell pepper
- 1 cup canned black beans, drained and rinsed
- ¼ cup chopped green onion
- ¼ cup chopped cilantro or parsley

METHOD:

Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. Place the flank steak in a shallow, non-reactive baking dish and pour the sauce over the steak. Cover with plastic wrap and refrigerate for 2 hours or overnight.

For the salsa, spray a non-stick skillet with cooking oil. Place over medium

heat, and sauté the corn and red pepper until the corn begins to brown, about 5 minutes. Stir in the beans, onion and cilantro. Set aside.

Remove the steak from the marinade, and set the marinade aside in a small saucepan.

Preheat the barbecue or a non-stick grill pan to medium-high and spray with cooking oil. Cook the beef over medium-high heat for 5 to 8 minutes per side, or until it's done to your liking.

While the steak is cooking, bring the reserved marinade to a boil and boil for 5 minutes. Serve the steak with the sauce and salsa on the side.

Smashed Potatoes

We all love mashed potatoes, but if you've never had a "smashed" potato, you're in for a treat.

Seasoning and baking turns these flattened potatoes into a crispy, delicious dish.

PREP TIME: 5 MINUTES

COOK TIME: 45 MINUTES SERVES 4

INGREDIENTS:

Place the potatoes in a saucepan, cover with water and bring to a boil. Boil for 15 minutes, or just until fork-tender. Drain and place on the prepared baking sheet. With the palm of your hand, press the potatoes flat, trying not to break them (cracks are normal).

Brush with 1 tbsp of the olive oil.

Combine the cheese, garlic powder, paprika and salt in a small bowl. Sprinkle half the mixture over the potatoes. Bake for 15 minutes. Turn them over, brush with the remaining olive oil and sprinkle with the remaining cheese mixture. Bake for another 15 minutes. Garnish with the parsley.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com and personalgourmet.ca

On the web**Global Peasant:**

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant to read Diane's recipe for Corn Chowder with Fresh Salsa.



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On Saturday, Aug. 15, celebrate Julia Child's birthday with a special screening of *Julie & Julia* at Fifth Avenue Cinemas, with a reception to follow at Barbara-Jo's Books to Cooks (1740 West 2 Ave.) Tickets \$39. Visit bookstocooks.com or call 604-688-6755. **METRO NEWS SERVICES**

Bonne Fete Julia!

Urban Foodie

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New catch at Coast matches new locale

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Signature Drink:

Persica Fizz

Signature Dish:

Lobster Poutine

Rating: ★★★★★

Dinner & drinks for 2:
\$100

brand new space, and a whole different attitude. Where the old Coast was more reserved and elegant, the new space is boisterous, vibrant and almost too chic. The old menu was all about "naked" seafood, prepared simply. The executive chef, Josh Wolfe, is the same, but the new philosophy is all about fun.

Lobster poutine (\$15) was a deep bowl of sliced tubers drowned in white cheddar (really, is there any other kind?) and

On the web

- Read the full article online at metronews.ca/urbanfoodie.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

topped with fat chunks of lobster. Who needs gravy? Buttermilk fried calamari (\$12) were tender and moist to the point of instant disintegration on the tongue.

Coast now also has a sushi chef, Masa Katsuno

(call him Max), who has dreamed up a few goodies as well. The fish-and-chips hand rolls (\$8) are little wonders, light on the rice, heavy on the flavour. The Japanese "tartare" sauce is an invention of Katsuno's, using capers, Japanese mayo and chiles.

I even managed to try some dessert. We went with the sampler (\$14). Passion fruit trifle wasn't impressive, nor was Gian-duja crème brûlée, but vanilla cheesecake lollipops were out-of-this-



Fish-and-chips hand rolls with Japanese tartare sauce.

world freaky-good.

After a couple of visits, I am still intrigued — and now addicted to those darn lollipops. My last

drive-by included lovely smoked salmon flat bread (\$15) with dill crème fraîche. Next time — oysters.

Shiraz-Grenache a lighter red for summer

I often find Shiraz to be a heavy wine for my palate. Too deep, too many tannins, and enough coating in the mouth to call for the immediate services of a suction cup. Mix it with Grenache, and all of sudden you have a lighter, more fruit-forward wine that works both on patios and by fireplaces. A couple to try from Australia: 2005 Mourvèdre Rolf Binder Heinrich (BCLS \$29.99) and Yellow Tail (BCLS \$12.99) — pictured here.



Dining out

CALLING ALL WINE DRINKERS
Two Chefs and a Table (305 Alexander St.) will be holding their second Wine Drinker Dinner on August 12. The six-course menu will be Mediterranean and local wine expert Paul Watkin has compiled a collection of wines from Spain, Italy, France and Greece. Tickets \$65. Call 778-233-1303.

FRENCH TASTES
Le Gavroche (1616 Alberni St.) is now offering a three-course taste of southern France for \$35 (dinner only). Enjoy duck confit and watercress soup, smoked quail with cherry bordelaise, soufflé, and more. Call 604-685-3924 for reservations.

In brief

JULIO Gonzalez-Perini, one of the founding owners of Villa del Lupo, is now executive chef at Cin Cin. We look forward to tasting the difference.

T & T Supermarket, the popular Asian chain of grocery stores, has been sold to Loblaw Companies, of Superstore fame. Thank goodness for Chinatown ...

ANYA LEVYKH
/FOR METRO VANCOUVER

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Style

Fall fashion spectacular! Canada's edgiest model wears the season's top looks, only in ELLE Canada!

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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A bauble from
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GEM DANDY

Cartier, which was founded in Paris more than a century ago, has spawned generations of artisans around the world, but the brand has never lost its lustre. Amazing Cartier: Jewelry Design Since 1937, by Nadine Coleno, is a lavishly illustrated chronicle of the firm's capacity to regenerate its élan by nudging the elegant formality of precious stones with the flamboyance of costume jewellery in designs that combine whimsy, craftsmanship and glamour.



Editors' Pick



MATERIAL GIRL

These cute cropped booties combine two fall 2009 trends—leather and the '80s—which ruled the international catwalks. (They wouldn't have been out of place on Marc Jacobs's raucous runway.) Add a hit of colour and you've got an instant dance party—just add Grace Jones (\$125, at Aldo).

DOWN-TO-EARTH

This simple woody scent is inspired by nature, but it's the modern design of the bottle that makes it a standout. A Scent by Issey Miyake Eau de Toilette Spray (\$117 for 100 mL)



Kenya's Style

Kenya Hunt

Read the blog at
metronews.ca/kenyasstyle



Star crossed Ryder

The famously reclusive actress opens up

By REBECCA MILLER
Contributing Writer

I feel like I grew up with Winona Ryder, the way we grow into ourselves alongside the actors whose films fill our imaginations. By 24, she had two Academy Award nom-

inations (for Little Women and The Age of Innocence) and was a star. Yet there were times when it seemed that her fragile grace onscreen had been paid for with a tormented life. So when I wrote the part of Sandra Dulles—a neurotic, egomaniac seductress—for the film version of my book The Private Lives of Pippa Lee, I sent it to Ryder.

Ryder is a one-off. Born

in 1971 to countercultural writers, Ryder developed an idiosyncratic personality that led to her future career. "We shopped at the Salvation Army, and I would get these 1970s boy suits," says Ryder. "I had really short hair and these kids roughed me up because they thought I was a gay boy. When that happened, I kind of went into a movie in my head because I couldn't deal with what was happening."

SWEPT AWAY

THE CLASSIC SMOKY EYE GETS FIERCE FOR FALL

EXPERT Jacquie Jeffery, education and artistry executive for Make Up For Ever ● Dab a concealer under the eyes to hide dark circles, then sweep a shimmery nude eyeshadow across the lids. ● Apply a black matte shadow in the crease, blending the colour out toward the temple. ● Add definition by lining the upper lash line with a black cream liner and smudging it up into the crease. ● Finish with a coat of black mascara.

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Zac Efron and Brittany Snow are set to star in a remake of Gidget, according to new industry reports. Miley Cyrus is on board as Gidget in the project, with Efron slated to play her love interest, according to moviehole.net. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Graphic Love

Jennifer Love Hewitt is hoping to give audiences a fright — the star is set to publish her own graphic horror novel. The actress has landed a deal for a comic book series, *The Music Box*. FEMALEFIRST.CO.UK



Tisdale guilty of bad taste

High School Musical star imitates Britney and Miley

Ashley Tisdale

Album: Guilty Pleasure
Label: Warner
Rating: Ⓜ

WHAT DO YOU get when you combine the worst parts of Britney Spears, Ashlee Simpson, Miley Cyrus and Kelly Clarkson? None other than High School Musical star Ashley Tisdale. The actress' second record is a complete disaster, with most of the songs sounding like outtakes from other people's records. Masquerade is Spears to a tee, while the obnoxious rocker Hot Mess takes a page out of Pink's playbook. Not only is it totally unoriginal, but it's cringe-worthy bad. If she wants to make it as a singer she needs to find her own voice, and new writers.

Bryan Borzykowski/for Metro Canada

La Roux

Album: La Roux
Label: Polydor/Universal
Rating: Ⓜ

ONLY IN BRITAIN can a band go from single to success in just a matter of months. That's what happened to synth-pop duo



MusicReviews

music@metronews.ca

La Roux, who released their first single in December 2008 and had a hit song by March. Fortunately, they deserve it. Their keyboard heavy '80s dance pop is loud and infectious and, on THE contagious hit In For The Kill, singer Elly Jackson sounds a lot like Annie Lennox. The album drags a bit in the middle but, generally, it's a solid listen.

Bryan Borzykowski/for Metro Canada

Kristinia DeBarge

Album: Exposed
Label: Soda Pop/Island
Rating: Ⓜ

THERE'S NO SHORTAGE of R&B pop starlets these days, so it's going to be tough for Kristinia DeBarge — daughter of James from Jackson 5 wannabe group DeBarge — to make her mark. She gives it a good shot on her debut, teaming up with Babyface and other vets to create a set of infectious grooves geared toward the late teen set. It's nothing spectacular, with most of the songs sounding similar to what her peers produce, but it's not unpleasant either.

Bryan Borzykowski/for Metro Canada



Guilty Pleasure is the new album from High School Musical star Ashley Tisdale.

The Most Serene Republic

Album: ...And the Ever Expanding Universe
Label: Arts & Crafts/EMI
Rating: Ⓜ

OUT OF ALL of Arts & Crafts' multi-membered, boy-girl vocal groups, The Most Serene Republic has always come in last. Unfortunately, their standing isn't about to change. While there's no doubt this seven-piece is talented, their music has always been too airy for its own good. All Of One Is The Other is dreamy all right and the harmonies are



pretty, but try hard to find a hook. And that's the problem, the Milton, Ont., group's fourth disc is, once again, so ambitious and layered that any memorable melodies have been left behind.

Bryan Borzykowski/for Metro Canada

The Wailin' Jennys

Album: Live at the Mauch Chunk Opera House
Label: Outside
Rating: Ⓜ

THIS HAS THE feel of one of those charming NPR radio shows broadcast live from the fictional shores of Lake Wobegon.



You expect Garrison Keillor to come out between the tracks to introduce the next song. It was recorded in a quaint theatre in a picturesque Pennsylvania town with the unlikely name of Jim Thorpe. It's mom's apple pie with a healthy dose of maple syrup and a pair of Birkenstock sandals thrown in for good measure. For all those reasons you're either going to love this album or hate it. Choose to love it. The three-part harmonies of Winnipeg's Wailin' Jennys should be considered some kind of national treasure. They're captured magnificently here in a live setting. It's a sound that'll make you hungry for pie. Comfort food.

Graham Rockingham/for Metro Canada

Jeff Healey

Album: Songs From The Road
Label: Stoney Plain/Warner
Rating: Ⓜ

BEST BE CAUTIOUS when buying posthumous compilations, especially when they're live recordings. But Healey fans won't be disappointed with this one. It was lovingly produced by Healey bassist Alec Fraser and has the full endorsement of the Healey family. The 11 tracks deliver a reasonable representation of the great Canadian guitarist's live performance, with selections from shows in Norway (2006), England (2007) and Healey's own Toronto club (2007). There's even a seven-minute jam with Randy Bachman on Willie Dixon's Hootchie Kootchie Man. The setlist includes a mouth-watering array of guitar classics, including his takes on the Allman Brothers' Whipping Post, Cream's White Room and The Beatles' Come Together. We could have done with a lot more of his guitar on George Harrison's While My Guitar Gently Weeps and a lot less audience singing.

Graham Rockingham/for Metro Canada

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Rivers swears at presenter

Joan Rivers turned the air blue during a live TV interview on Tuesday morning when she swore at a presenter for cracking a joke about her daughter. The 76-year-old appeared on Good Day Sacramento to promote her new show How'd You Get So Rich? FEMALEFIRST.CO.UK



Househusbands running the show

Charlie, Grant, Billy, Danny and Darryl all have nice homes, a menagerie of children and pets — and wives who earn more than they do.

They're five of a growing breed of house husbands who juggle cooking, chores and their egos while their wives bring home the bacon.

Meet the Househusbands of Hollywood, some of the unsung (albeit more comfortable) heroes of an army of stay-at-home dads that has tripled in the United States in the past 10 years and is growing during an economic crisis that has hit men in the workplace much harder than women.

Househusbands of Hollywood premieres on the Fox Reality TV channel on Aug. 15. Although its premise is lighthearted and its stars enjoy a life of relative luxury, producers said on Tuesday that the theme of the show is universal.

"We wanted a show about a bunch of guys doing some things you never saw before, and handling it

"We wanted a show about a bunch of guys doing some things you never saw before."

Househusbands of Hollywood co-creator Charlie Mattera

in the right way and being proud of what they were doing," said Charlie Mattera, whose wife is a prominent psychologist and who is the co-creator of the show as well as one of the househusbands.

While their women are out earning, cameras follow the househusbands as they navigate bringing up children, running errands, cleaning up after pets and trying to find time to hang out with their buddies.

The TV show "introduces audiences to a shifting dynamic happening within households," said Bob Boden, Fox Reality's senior vice president of programming.

REUTERS

High hopes for Leno

TV host's new show expected to be a powerhouse

The fall TV season is still a good two months down the road, but a New York-based research company already has a bead on which new shows are likely to break out of the pack in 2009-10.

After subjecting the fall slate to a comprehensive review, NewMediaMetrics' predictive analysis suggests that CBS' NCIS: Los Angeles should scare up big ratings Tuesday nights while NBC's The Jay Leno Show could prove to be a powerhouse late night, particularly on Tuesdays.

Also promising: ABC's sci-fi FlashForward, which leads off the network's Thursday evening lineup; NBC's Monday hospital drama Trauma; Fox's Family Guy spinoff The Cleveland Show, set for Sunday nights; and the

CW's Vampire Diaries, which will do well during its Wednesday run.

Other new series flagged by NewMediaMetrics are ABC's The Forgotten, Fox musical comedy Glee and the one-two punch of Cougar Town and

Eastwick, which will cap ABC's Wednesday lineup this fall.

Including midseason replacements V and Happy Town, ABC boasts nine of the top 20 new shows, according to NMM analysis. This season marks the fifth in which the researcher has predicted the outcome of the fall schedule; last year, NMM's picks resulted in an 86.4 per cent accuracy rate.

NMM's success rate has

been steady since it

first began

calling the

outcome of

the fall

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season in

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Prison

Break

and CBS'

Criminal

Minds

would be

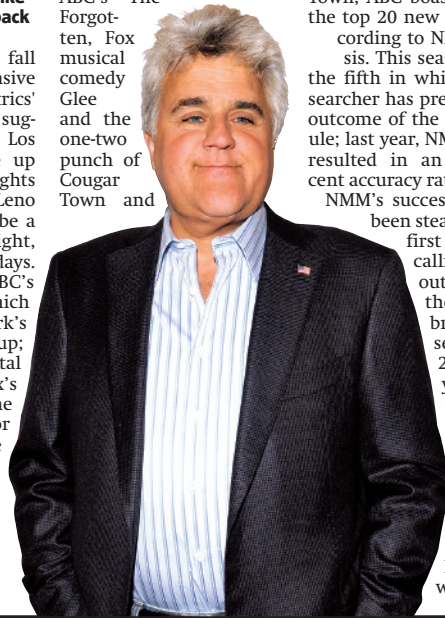
breakout hits; meanwhile, it gave low marks to the largely forgotten NBC ensemble drama Inconceivable and Fox's Head Cases, which was yanked after two episodes.

Of the projected top 20 new shows, six are spinoffs or revisitations of long-gone properties. Leno's new show is the fall's "known unknown": The host is a familiar property, although the new format remains something of an enigma.

In addition to Tuesdays, NMM believes the variety show will get good traction on Thursday nights. (Those shows will benefit from a wealth of high-profile film talent, as the studios will trot out their A-listers on the eve of films' openings.)

NMM co-founders Gary Reisman and Denise Larson noted that while no one has seen a final blueprint for the new Leno program, the elevated expectations are a function of viewers' "emotional attachment" to the comedian.

REUTERS



A New York-based media research firm predicts that NBC's The Jay Leno Show will be a big hit this fall.

TV Guide inks new hosts for red carpet

DEAL TV Guide Network's transformation under its new ownership team continues with the revamping of its signature red carpet coverage.

The cable network has signed talent deals with The Bachelor host Chris Harrison and Dancing With the Stars judge Carrie Ann Inaba to be the network's new red carpet hosts.

The duo will make their debut with the live red carpet show at the Emmy Awards on Sept. 20 and will front the network's coverage of the 2010 Golden Globes, SAG Awards, Grammy Awards and Academy Awards.

REUTERS

Lopez talk show off beaten path

SERIES The first day of the summer Television Critics Association press tour got under way Tuesday, with George Lopez presenting his entry into the crowded late-night talk-show field. Lopez's TBS series will get rid of several late-night conventions: no desk, no cue cards and no monologue.

REUTERS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		
pr	251	308	9	CBC	Coronation St.	Jeopardy!	Doc Zone (CC)	Doc Zone (CC)		CBC News: The National (N)	(:05) The Hour			
	255	358	9	JOY	El Nuevos (N)	The Insider	How I Met	Til Death (N)	True Hollywood Story (N)	The Beast "Tilt" (N) (CC)	News			
	254	-	9	M	Two-Half Men	Two-Half Men	Omni News: Mandarin Edition	News: Cantonese Edition	Omni News: Punjabi Edition	Metropia				
	250	321	9	CTV	Corner Gas	Hollywood	CSI: Crime Scene Instgtn.	So You Think You Can Dance	The Listener "Inside Man" (N)	News				
	-	-	10	OMNI	The Daily	Fraser (CC)	Smallville "Requiem" (CC)	Supernatural (CC)	Supernatural (CC)	Scrubs (CC)	Diya (CC)	New Day		
	252	336	11	GTV	Entertainment	ET Canada	Big Brother 11 (CC)	The Office	The Office	House (CC)	News			
	256	389	12	VI	The Road to Avonlea	Greek (CC)	30 Rock	Parks-Recreat	Grey's Anatomy (CC)	(:02) Private Practice (CC)	News (N)			
	253	359	9	CITY	Law & Order: SVU	Deal-No Deal	30 Rock	Parks-Recreat	According-Jim 30 Rock	Law & Order: UK "Samaritan"	The CityNews			
	-	-	10	CW	Deal-No Deal	Deal-No Deal	Smallville "Requiem" (CC)	Supernatural (CC)	Supernatural (CC)	Seinfeld	Seinfeld	Fraser (CC)		
	289	381	9	CBS	Entertainment	The Insider	Big Brother 11 (CC)	30 Rock	CSI: Crime Scene Instgtn.	(:01) The Mentalist (CC)	News			
	287	379	9	NBC	Evening Mag.	Inside Edition	30 Rock	Parks-Recreat	The Office	(:31) 30 Rock	Law & Order "Chattel" (CC)	KING 5 News		
	262	568	9	W	Style by Jury	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House	
	288	380	9	ABC	Wheel-Fortune	Jeopardy!	Grey's Anatomy (CC)	Grey's Anatomy (CC)	Grey's Anatomy (CC)	(:02) Private Practice (CC)	KOMO 4 News			
	-	-	28	KVOS	M*A*S*H	Seinfeld	Just Cause ** (1995)	Sean Connery, Laurence Fishburne	King	King	Still Standing	Scrubs (CC)		
	291	383	9	PBS	Stevens Europe	Field Guide	Doc Martin "Old Dogs" (CC)	Born to Be King: Charles	Masterpiece Mystery! (CC) (DVS)	Q13 FOX News at Ten (N)	Family Guy			
	290	382	9	FOX	Two-Half Men	Two-Half Men	Bones (PA) (CC)	Bones (PA) (CC)	So You Think You Can Dance	So You Think You Can Dance	So You Think You Can Dance	So You Think You Can Dance		
	-	364	9	PBS	MI-5 Tom disappears. (CC)	Red Green	Being Served	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program		
	296	654	9	SBK	Fraser (CC)	Fraser (CC)	Smallville "Requiem" (CC)	Supernatural (CC)	Supernatural (CC)	Supernatural (CC)	Supernatural (CC)	Supernatural (CC)		
298	653	9	TLA	Two-Half Men	Two-Half Men	Family Guy	Two-Half Men	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids			
295	651	9	WGN	WGN News at Nine (N)	(CC)	Family Guy	Two-Half Men	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids			
297	652	9	WPX	PIX News at Ten	Tong. (N)	Two-Half Men	Friends (CC)	Sex and-City	According-Jim	Will & Grace	Seinfeld			
199	311	9	STR	News	NTV Late Night News	Late Show-Letterman	Late Show-Letterman	Late Show-Letterman	Late Show-Letterman	Late Show-Letterman	Late Show-Letterman			
news	502	390	9	NW	The Nature of Things (CC)	CBC News: The National (N)	CBC News: The National (N)	CBC News: The National (N)	The Nature of Things (CC)	National				
	500	500	9	CNN	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)	Anderson Cooper 360 (CC)			
	407	419	9	RSP	MLB Baseball Philadelphia Phillies at San Francisco Giants. (Subject to Blackout) (Live)	SportsCentre [WEC WrekCage] (CC)	SportsCentre [WEC WrekCage] (CC)	SportsCentre [WEC WrekCage] (CC)	SportsCentre [WEC WrekCage] (CC)	SportsCentre [WEC WrekCage] (CC)	SportsCentre [WEC WrekCage] (CC)			
	400	400	9	TSN	(6:00) CFL Football Montreal Alouettes at Edmonton Eskimos.	Survivorman (CC)	Survivorman (CC)	Survivorman (CC)	Survivorman (CC)	Survivorman (CC)	Survivorman (CC)			
	411	457	9	OLN	Ghost Hunters "O.K. Corral"	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter			
	410	403	9	SCR	Soccer Asia Trophy - Teams To Be Announced. (Taped)	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score			
	417	406	9	SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out	Jacked!	Jacked!	Wrecked		
	416	409	9	GLF	MLS Weekly	Toronto FC at the Half	Go! TV News	Futbol MLS	In Real Life "Dirty Jobs"	Go! TV News	Go! TV News	Go! TV News		
	552	543	9	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	South Park: Bigger, Longer & Uncut *** (1999) (CC)	Reba (CC)	Reba (CC)	Hope & Faith		
	555	545	9	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Wizards-Place	Ned's School	Cory in House	Zack & Cody		
	557	541	9	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch	
	552	546	9	TRE	Comfy Couch	Zigby Game.	Max & Ruby	Babar (CC)	Landscape Revealed	World of Albert Kahn	On Screen	On Screen		
	268	354	9	KNO	Recreat. Eden	Into the Wild	Tuckerville	Wilkinsons	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)		
	575	583	9	CMT	Hope & Faith	Hope & Faith	One Tree Hill (CC)	Crime 360 "Blunt Force Killer"	Disaster DIY "Big Amazing	Paris Hilton's My New BFF	Shut at Love-Tila Tequila	Spotlight		
	570	580	9	MM	Video on Trial	Born to Be	Holmes on Homes (CC)	Crime 360 "Blunt Force Killer"	The First 48 "Gone" (CC)	Disaster DIY "Big Amazing	Handyman Superstar	House		
	600	564	9	H&G	House	House	Crime 360 "Blunt Force Killer"	Crime 360 "Blunt Force Killer"	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing		
	615	520	9	A&E	Crime 360 "At Death's Door"	Crime 360 "At Death's Door"	Crime 360 "Blunt Force Killer"	Crime 360 "Blunt Force Killer"	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing		
	628	584	9	SPKE	(6:00) TNA IMPACT! (N)	Jesse James Is a Dead Man	Jesse James Is a Dead Man	Jesse James Is a Dead Man	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing	Disaster DIY "Big Amazing		
521	580	9	TLG	LA Ink "Aubry Tries to Help"	LA Ink "Kat Bares It All"	Love-Death	Love-Death	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)			
616	522	9	SHO	The Outer Limits "Ripper"	Love-Death	Love-Death	Love-Death	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)			
620	523	9	BVO	(6:00) Liberty Stands Still (CC)	Law & Order (CC)	Law & Order (CC)	Law & Order (CC)	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)	Seventeen and Missing (2007)			
601	562	9	SLC	Bulging Brides/Bulging Brides	ET Canada	Til Debt-Part	Without a Trace "Party Girl"	Real Housewives OC	Trading Spouses	Trading Spouses	Trading Spouses			
520	505	9	DIS	MythBusters "Viral Hour"	Daily Planet (CC)	Daily Planet (CC)	Nature's Most Amazing	Nature's Most Amazing	Nature's Most Amazing	Nature's Most Amazing	Nature's Most Amazing			
522	506	9	HIS	NCIS "Friends and Lovers"	Recent Discoveries (CC)	Recent Discoveries (CC)	Lost Intentions (CC)	Lost Intentions (CC)	NCIS "Friends and Lovers"	NCIS "Friends and Lovers"	NCIS "Friends and Lovers"			
627	528	9	SPC	(6:00) Supernova * (2000)	Stargate SG-1 New threat.	Stargate SG-1 New threat.	Stargate SG-1 New threat.	Stargate SG-1 New threat.	Stargate SG-1 New threat.	Stargate SG-1 New threat.	Stargate SG-1 New threat.			
294	568	9	TBS	Dumb & Dumber ** (1994)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)	Carrey, Jeff Daniels. (CC)			
519	525	9	TROP	Traders (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)	Inside Hollywood (CC)			
603	561	9	FN	Ace of Cakes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes			
626	547	9	COM	Air Force	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes			
320	621	9	CEN	I Now Pronounce You Chuck and Larry * (2007) (CC)	The Line (CC)	The Line (CC)	The Line (CC)	The Line (CC)	The Line (CC)	The Line (CC)	The Line (CC)			
581	566	9	MTV	Nitro Circus	Fantasy Fact.	MTV Live	After	The Real World "Cancun"	Nitro Circus	Fantasy Fact.	MTV Live			
261	394	9	V	(6:00) Scar Tissue (2002)	Polttergeist: The Legacy	Polttergeist: The Legacy	Polttergeist: The Legacy	Scar Tissue (2002, Drama)	Scar Tissue (2002, Drama)	Scar Tissue (2002, Drama)	Scar Tissue (2002, Drama)			
-	-	9	MUL	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms			
-	-	9	MUL	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms			

critics'corner

CSI: Crime Scene Investigation

Langston and Riley (Laurence Fishburne, Lauren Lee Smith) are taken hostage in the chaos following a shootout in a normally quiet Las Vegas community. Marg Helgenberger, George Eads, Paul Guilfoyle, Eric Szmanda and Robert David Hall also star in "No Way Out"; Denzel Whitaker and Geoffrey Rivas guest star. 8 PM on CTV



30 Rock

When a sneaky West Coast executive (guest star Will Arnett) threatens his job, Jack (Alec Baldwin) enlists the startled but loyal Kenneth (Jack Black) to help thwart any plot — whatever it takes. Tracy (Tracy Jordan) is served with paternity papers. Pete and Liz (Scott Adsit, Tina Fey) adjust to life as roommates. Jane Krakowski also stars in "Fireworks." 8 PM on NBC

More than 15,000 people have signed an online petition proposing that Michael Jackson be awarded a posthumous Nobel Peace Prize. The petition was actually started by a Norwegian fan in 2007, while Jackson was still alive. **METRO WORLD NEWS**

Celebrity Buzz

Like Thriller: Amy hears MJ

NEXT LEVEL Just when you thought Amy Winehouse couldn't shock us anymore, femalefirst.co.uk alleges that the singer is claiming Michael Jackson's ghost has paid her a visit. The website reports Winehouse is convinced that the deceased King Of Pop popped came back to Earth to tell her to lay off the drugs.

The singer, who made no secret of her drug habit,

has previously said that she is a big fan of the late star. She reportedly met with mediums during her stay on the Caribbean island of St. Lucia, which is where Jackson "came through."

Apparently, Winehouse heard Jackson's voice telling her if she didn't sort herself out, she'd lose everything, femalefirst.co.uk adds.

METRO NEWS SERVICES



All in a day's work for Brad

LOW-KEY He's the most envied star in the world, but Brad Pitt wants the public to understand that it can be a tougher life than they imagine, people.com reports.

"It's so tough being an actor," Pitt, 45, joked at the Berlin premiere of Inglourious Basterds Tuesday night. "Sometimes they bring

you coffee, and sometimes it's cold, and sometimes you don't have a chair to sit on."

With six young ones and partner Angelina Jolie at home, he does get early nights when not working. "I'm a dad now — my partying ends at 6 p.m.," he told the Daily Mail.

Hard work or not, Pitt clearly

felt at ease in Berlin, where the Quentin Tarantino-helmed film was shot and he and his family lived during filming. "It's always great to be here and I have a lot of friends here," he told a reporter from Bunte magazine. He also knows how to relax, German-style, when out past his 6 o'clock "curfew." Eyewitnesses report that Pitt sauntered into the screening with a beer in his hand. **METRO NEWS SERVICES**



Men put the kibosh on Fox

NO MORE A group of men's websites are getting together to boycott Megan Fox for one day, claiming the world needs a break from the actress.

"You can have too much of a good thing," said askmen.com's James Bassil. "We're joining in the media blackout and giving our readers a one-day reprieve from the woman we've been drowning in all summer."

METRO NEWS SERVICES



Jay-Z adds writer to his resumé

RENAISSANCE MAN? Rapper Jay-Z is set to become an author, after reportedly signing on to write a tell-all autobiography, the Daily Mirror reports.

"It's going to cover everything from his days on the streets as a drug dealer to his fairytale wedding to Beyoncé. He'll also be revealing his rapping secrets," a source said.

METRO WORLD NEWS



Posh does damage control

PR TEAM Victoria Beckham is "embarrassed" by her husband's recent behaviour, femalefirst.co.uk reports. The star is planning a series of high-profile interviews in a bid to improve her and her husband David's images after fans of his soccer team Los Angeles Galaxy turned against him.

The soccer player drew the ire of the club's fans after returning from his stint at Italian team AC Milan, and reports emerged that he wants to leave the U.S. permanently.

A source said: "Victoria works hard on the image of 'Brand Beck-

ham.' She has always been eager to promote them as the perfect couple.

"David arguing with fans doesn't really fit in with that image and she was embarrassed."

METRO NEWS SERVICES



Manson warns journalists

GETTING EVEN Marilyn Manson is fed up with journalists saying nasty things about him.

He took to his MySpace blog to strike back: "If one more 'journalist' makes a cavalier statement about me and my band, I will personally or with my fans' help, greet

them at their home and discover just how much they believe in their freedom of speech," Manson warned.

"I dare you all to write one more thing that you won't say to my face. Because I will make you say it. In that manner. That is a threat."

METRO WORLD NEWS



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Twilight switch-up

TAKING OVER Twilight fans are used to the renegade vampire Victoria causing trouble for lovers Bella and Edward, but come the third installment of the film series, they may be taken aback by Bryce Dallas Howard baring her fangs in the role, people.com reports.

The 28-year-old daughter of director Ron Howard will be replacing Rachelle Lefevre, 30, who took on the role for the first film and its upcoming sequel, New Moon.

"Rachelle brought Victoria to great screen life, and Bryce will bring a new dimension to the

character," said Erik Feig, president of worldwide production and acquisitions for Summit Entertainment. "The franchise is lucky to have such a talented actress as Bryce coming in to fill the role."

According to Summit, Lefevre is leaving the series because of scheduling conflicts with a new film project. She's slated to appear opposite Dustin Hoffman in the independent film Barney's Version, which begins filming the same day as Eclipse — only on the opposite side of the continent, in Quebec.

METRO NEWS SERVICES



ScarJo and Ryan's spat

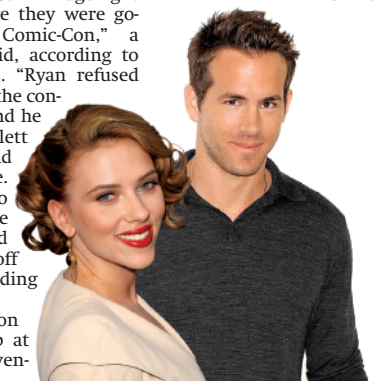
LOVER'S QUARREL Celebrity couple Scarlett Johansson and Ryan Reynolds, who married last September, reportedly got into so big a spat that Reynolds decided to sit out a promotional trip to San Diego.

"They got in a huge fight just before they were going to Comic-Con," a source said, according to Fox News. "Ryan refused to attend the conference and he told Scarlett she could go alone. She got so angry she threatened to take off her wedding band."

Johansson turned up at the conven-

tion to promote Iron Man 2, but Reynolds — who was recently cast in the upcoming Green Lantern — stayed home, which "angered the executives" behind the superhero film.

METRO NEWS SERVICES





Today
Partly cloudy
29° / 20°



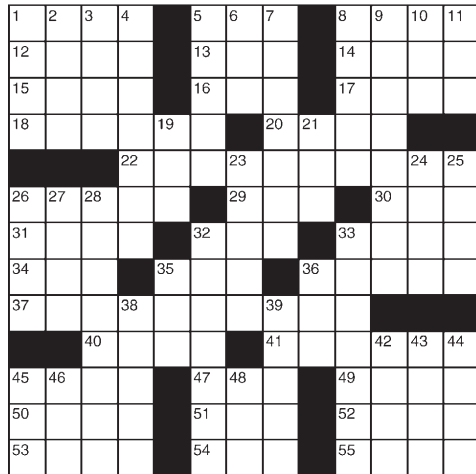
Friday
Mainly sunny
26° / 19°



Saturday
Sunny
25° / 19°



For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

1 "Waterloo" quartet
5 "Go, team!"
8 Too confident
12 Complain
13 Past
14 Banks on the runway?
15 Despot
16 Old soldier
17 "— It Romantic?"
18 Doddering
20 Sodium chloride
22 Accordion's cousin
26 Utter disorder
29 Companion to green eggs
30 Proof abbr.
31 Stop
32 Lustrous black
33 Car
34 Under the weather
35 Feathery accessory
36 Fourth estate
37 Having the same midpoint

40 Baghdad's country
41 Nearby
45 Carry on
47 Submachine gun type
49 Ontario neighbour
50 Rue the run
51 Bit with a charge
52 Jambalaya need
53 On pension (Abbr.)
54 Actress Myrna
55 Coaster

DOWN

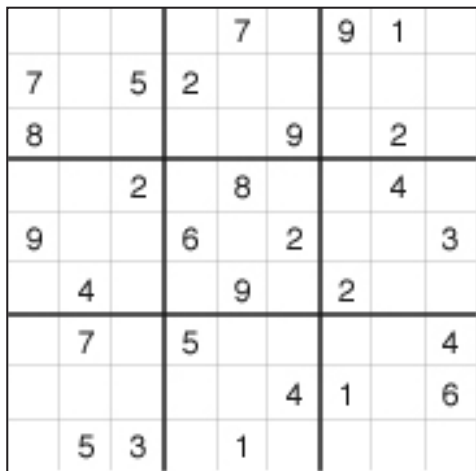
1 Revue segments
2 Contemptible
3 Cereal choice
4 Brandy flavour
5 Poe's bird
6 Census statistic
7 Position of great anxiety
8 Half a clown's pair, maybe
9 Magical aura
10 Coffee shop vessel

11 Roscoe
19 Part of UCLA
21 Branch
23 Swindle
24 Trawler gear
25 Big bothers
26 Stylish
27 Head light?
28 Until dawn
32 Daffodil's cousin
33 Robin Hood and his Merry Men, e.g.
35 "Well, I'll — monkey's uncle!"
36 4-Down has one
38 Words to live by
39 Unfair?
42 Seed covering
43 Pleasant
44 "Monopoly" card
45 "This means —!"
46 Expert
48 Menagerie

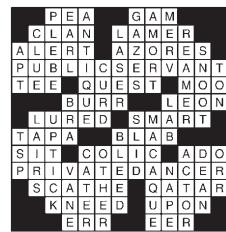
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	7	8	6	3	9	5	2
8	6	2	7	5	9	3	1	4
5	3	9	1	4	2	7	6	8
7	5	3	4	2	6	8	9	1
4	2	8	9	1	5	6	3	7
9	1	6	3	8	7	4	2	5
3	7	1	5	9	8	2	4	6
6	8	5	2	3	4	1	7	9
2	9	4	6	7	1	5	8	3

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20

Cosmic activity urges you to focus on all the good things coming into your life. For every one thing that went wrong yesterday, 10 will go right today.

LIBRA
SEPT 23-OCT 23

If you play your cards right in the next few days you'll achieve something amazing — especially if you work toward a specific goal that benefits others.

TAURUS
APRIL 21-MAY 21

It's time you dealt with a family issue that's kept you awake at night. Today, be honest with loved ones about how your relationships can be better.

SCORPIO
OCT 24-NOV 22

A Mercury-Jupiter link will give you great ideas which could bring fame and fortune. Success will take more than ideas, but they're a key first step.

GEMINI
MAY 22-JUNE 21

You may not be thrilled with what you hear from a friend or a neighbour today but you know it's the truth. Act on it sooner rather than later.

SAGITTARIUS
NOV 23-DEC 21

If the experts tell you one thing but your mind tells you another today it should be obvious who is right — you. Trust your own understanding.

CANCER
JUNE 22-JULY 22

Give serious thought to ways you can boost your earning power. Some sort of offer is likely today but ensure you know what's expected before signing.

CAPRICORN
DEC 22-JAN 20

If your sixth sense tells you not to trust someone today you would be wise to listen to it, even though you might lose out financially as a result.

LEO
JULY 23-AUG 23

Make a wish today and watch it materialize: You only have to believe in your dream to see it come true. But don't be vague. Put a name to your desire.

AQUARIUS
JAN 21-FEB 18

Try to get along with people today, even if some of the idiots you have to deal with drive you up the wall. Not everyone is as switched on as you.

VIRGO
AUG 24-SEPT 22

Activity in the most imaginative area of your chart encourages you to think the unthinkable. Everyone needs dreams, you more than most.

PISCES
FEB 19-MARCH 20

You need a break and the more you push yourself to the limit the longer the break will have to be. Don't just listen to your body; act on what it tells you.

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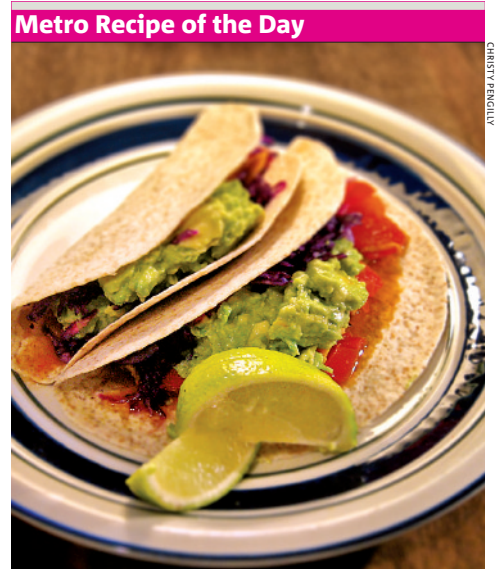
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Tacos for Two

Submitted by Susan Thomas, Watson Lake, Yukon



submitted by a Club Member!

INGREDIENTS:

1 avocado
1 tbsp lime juice
1/2 tsp salt
Pepper to taste
2 tbsp cooking oil
2 tbsp yellow diced onion
1/2 tsp chili powder
1 small jalapeno pepper
3 medium tomatoes, diced
1 cup leftover chicken
1 cup shredded red cabbage
4- to 6-inch corn tortillas

METHOD:

Mash avocado and add salt and pepper. Set aside. Add oil to skillet. Over medium heat, cook onion until translucent. Add chili powder, chipotle pepper and tomatoes. Cook 5 min-

utes. Stir in chicken and cook until chicken is heated through.

Assemble tortillas with a scoop of chicken mix, avocado, cabbage and a sprinkle of lime juice. You can also add cheese if you like but it's not necessary.

SERVES 4-6

PREP TIME: 20 MINUTES
COOK TIME: 5 MINUTES



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